



# DETROIT PAL SCHOOL CHEERLEADING

## 2020 BYLAWS

*Helping Youth Find Their Greatness!*

**G R E A T**

Goal Setting • Resilience • Embracing Healthy Lifestyles • Accountability • Teamwork



## ARTICLE I: LEAGUE ADMINISTRATIVE RULES

### I. REQUIREMENTS FOR PARTICIPATION

It is the responsibility of the school's coaching staff to ensure that each parent(s) registers their Detroit PAL participant on Sports Sign Up at <http://detroitpal.website.sportssignup.com/>.

**\*Athletes may not participate unless registered in Sports Sign Up & may not cheer at any Detroit PAL school/rec. basketball game\***

Each school must pay the \$100 school registration fee + \$20 per participant fee. This payment will include the clinic, school cheer competition, and Detroit PAL insurance.

#### PARTICIPANTS WITH SPECIAL NEEDS:

In the case of participants with special needs, the Program Supervisor and the CEO of Detroit PAL with advisement of proper medical personnel reserve the right to determine eligibility in the program.

### II. SCHOOL AND TEAM STRUCTURE

Each Cheerleading team that places teams in the Detroit PAL Cheerleading Program may have up to six teams, as follows:

- **Motor** (5<sup>th</sup> Grade & Under)
- **Junior Varsity (JV)** (6<sup>th</sup> Grade & Under)
- **Varsity** (8<sup>th</sup> Grade & Under)

### III. COORDINATOR/COACH REQUIREMENTS

Coaches must sign up to coach on Sport Sign Up at <http://detroitpal.website.sportssignup.com/>

Coaching staff are required to attend all training sessions as deemed necessary by Detroit PAL. Required training must be completed by the first game of the basketball regular season. All Head Coaches, Assistant Coaches, Jr. Coaches and all volunteer staff are required to attend the Coaches Clinic, and IMPACT Training (Levels 1-3) (as deemed appropriate by Detroit PAL) annually. Register for IMPACT Training at <https://www.tfaforms.com/4651395>. After Level 3 of IMPACT Training is completed, volunteers must complete the Continuing Coaches Form at <https://www.tfaforms.com/4651395>.

Each school must submit a **participant** roster with each participant's full name and date of birth including **coaches'** full name, email address, and phone number.

#### Junior Coach Requirements:

- Demonstrate cheerleading skills and techniques
- Must be under adult supervision at all times while coaching (Junior coaches cannot be left alone while coaching any team at practice of Detroit PAL League games)
- Must go to greetings and half times with a Head Coach, Asst. Coach, (Junior Coaches cannot take any team to greetings or halftime alone)

- Do not discipline athletes (push-ups, assign laps to run, v-ups, etc.)
- Do not release athletes from their line or spot (i.e. – “Go to the back”, “I’m moving your spot” or “Go Home”)
- Must attend Impact Training and attend Coaches’ Clinic.
- Must wear the required clothing
  - No bra straps/undergarments showing
  - No cut or mangled t-shirts
  - Must wear gym shoes
  - Toes cannot be out while coaching
  - Must wear a badge on the field and to games

#### **IV. HANDLING AND SUBMITTING INSURANCE CLAIMS FOR INJURIES SUSTAINED BY A PARTICIPANT**

The special risk accident policy currently held by Detroit PAL will pay benefits subject to the policy terms and conditions, in the event a properly-registered participant is injured while participating in a Detroit PAL sponsored event. This policy is not intended to replace any insurance currently held by a participant or her parents. The following procedures must be adhered to when submitting claims for injuries sustained by Detroit PAL members.

##### Participant Injury Procedures

A. In the event of an injury to a program participant, volunteer, or spectator during a Detroit PAL sanctioned event, the following procedure should be followed:

- Emergency life-saving procedures should be commenced immediately, if necessary, by certified personnel;
- Emergency Medical Services should be contacted, if appropriate;
- The coach/or a Detroit PAL official should be notified immediately, who will make a determination as to whether the event should be discontinued or resumed after the injured party has received all available and appropriate medical attention.
- An Incident Report Form must be filled out by the coach or Detroit PAL official and a copy turned into Detroit PAL. Each school must have blank Incident Report forms on site during all team practices, games, sanctioned events, etc.

##### B. Insurance Claims for Injuries

- The special risk accident policy currently held by each organization will pay benefits subject to the policy terms and conditions, in the event a properly registered participant is injured while participating in a Detroit PAL sponsored event. This policy is not intended to replace any insurance currently held by a participant or his or her parents.
- The coach will complete the incident report (front). If the policy provides accident medical coverage and the injured party was an event participant, the form should be given to the participant or parent to complete the participant accident medical insurance claim form (Part II).
- The participant or participant’s parents/guardian will complete the form, detach it from the instruction page, and forward it K&K Insurance Group, Inc.

- If Claim involves injury to spectator or property damage, only the incident report need be completed.

K&K Insurance Group, Inc. Claims Department, P.O. Box 2338, Fort Wayne, IN 46801-2338, (800) 237-2917

## V. DEMONSTRATIONS

Under no circumstances will an organization encourage picketing/demonstrating inside or around the Detroit PAL offices or a Detroit PAL sanctioned event.

## VI. SIDELINE RULES

### STUNTING IS PROHIBITED

PAL will provide future camps and clinics which will include stunting and certification.

All participants and coaches must be registered through Sports Sign Up to be on the sidelines

Coaches must have a badge to be on the sidelines

10 cheerleaders on the sidelines

16 max (8 on each side of the basket)

- Do NOT cheer directly underneath the basketball rim
- Please move immediately if the Referee is coming towards your athletes
- Do not kick the basketball when it goes out of bounds

Visitors go first for halftime

- 2 minutes per team

Cheerleaders do not shake hands in the boys' line after the game

Cheerleaders shake hands on the sidelines in a line next to players

**Always practice great spirit and sportsmanship**

## VII. COMPETITION FORMAT

FIRST ROUND: The first round is considered the open round. Time will start from the first word or beginning of motion. The time limit is two (2) minutes and time infractions will be imposed as follows:

- 5-point deduction for 1-5 seconds over; and
- 10-point deduction for six (6) or more seconds over

Crowd participation (Crowd Lines) is permitted and is encouraged.

When a squad takes the knee position in a cheer they must hand brace, walk down, or sit down. Please review section on competition rule regarding drops. Violations of this rule will result in a 10-point deduction for that round.

The entire team must perform one flex skill (e.g., split, heel stretch) and one team tumble in unison.

The entire team must perform one jump in unison. If multiple jumps are performed the 1st jump will be the one scored. Violation of this rule will result in a 10-point deduction for this round.

SECOND ROUND: The second round is considered the dance round. Time will begin from the first motion or start of the music. The time limit is one (1) minute and fifteen (:15) seconds. Time infractions will be imposed under the same timelines stipulated for round one.

- 5-point deduction for 1-5 seconds over; and
- 10-point deduction for six (6) or more seconds over

The entire team must perform the 1st jump in unison. Violation of this rule will result in a 10- point deduction. A Detroit PAL representative will be responsible for turning music on and off for all teams.

Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase (i.e. - O Yeah, Let's Go, Team Color, Team Name). Violations of this rule will result in a 10- point deduction for the round.

The coach or their designees will be responsible for ensuring that **the mp3 music is emailed to the commissioner at the scheduled date.**

The coach will be held accountable for ensuring that the music submitted by their school does not elicit or contain lyrics that include profane and/or obscene language, drugs, or alcohol.

**Props are allowed** (pompoms, posters, signs, etc.)

**NO LEVELS**

**TUMBLING**

From cartwheel, to round off back hand spring tuck

\*No standing tuck or standing skilled tumbling with the exception of a standing back hand spring